

RESILIENCY



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Have You Ever Been Dumped?

Those of us who have experienced this right of passage can probably remember the feelings of devastation, loneliness, anger, sadness, confusion, hurt.....

These feelings can overwhelm even the strongest of us and hinder our self confidence.

When a relationship ends, by the choice of another, there is a deep emotional wound in the person left behind. For some, this pain is as deep as when a loved one dies. Sadness is often accompanied by feelings of rejection and self doubt. Some believe they can not continue without the other in their life.

There is no set time to recover from this loss. It is a journey that is unique to each. Experiencing intense conflicting feelings is not uncommon. You may get stuck in your pain and feel a lot of self doubt. Some become so overwhelmed with the hurt and anger that they replace it with resentment and the desire for revenge. Heartache,

emptiness, panic, shock, numbness, feelings of shame, obsessive thoughts and guilt are not uncommon. Difficulty concentrating, sleeping or eating may also occur when one experiences a loss. Some people may lose prospective and fantasize about death.

The key to overcoming the feelings that can consume us is to remember that as much as it hurts now, the pain will lessen, and you will move on. That does not mean that your feelings are any less intense or real, because what you are experiencing is a very real pain.

See page 4 for hints dealing with a broken heart .



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Nothing is impossible, the word itself says 'I'm possible'!

- Audrey Hepburn

Laugh Your Way to Less Stress and a Better Attitude

According to the Mayo Clinic, laughter is a great form of stress relief. Laughter has great short term and long term physiological effects on your body. There is even hope for those who have no sense of humor.....

It can be developed!!

WHEN YOU LAUGH:



Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.

Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response, and increases your heart rate and blood pressure. The result? A good, relaxed feeling.

Soothe tension. Laughter can also stimulate circulation and aid muscle relaxation, both of which help reduce some of the physical symptoms of stress.

Improve your immune system. Negative thoughts manifest into chemical reactions that can impact your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts actually release neuropeptides that help fight stress and potentially more-serious illnesses.

Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers. Laughter may also break the pain-spasm cycle common to some muscle disorders.

Increase personal satisfaction. Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.

\$\$ PERSONAL FINANCES AND \$\$

MOST COMMON ARGUMENTS IN RELATIONSHIPS

At one point I was told, “never try and wallpaper with a spouse if you value your marriage.” I never understood what they meant, until I actually tried it. After that wonderfully enlightening experience of wallpapering my daughter’s nursery, I have never attempted it again. That was 21 years ago!!

On a more serious note, finances seem to be a common source of aggravation and stress. There are many who do not worry about investments, retirement, long term care, etc., until they are middle-aged or older. The reasons are numerous. One excuse that is often heard is, “I don’t have enough money to invest,” or “I don’t have time for that stuff.”

Financial difficulties have also been noted as one of the stressors that may lead a person to think of harming themselves or others. Life has so many stressors that we are faced with; wouldn’t it make sense to try and minimize at least one of them?

How would you like to learn ways to invest your money and still bring home close to the same amount?

The Indiana National Guard now has a financial specialist who is one of the MFLCs (Military Family Life Consultants). His name is Mark Fisher, and he is licensed to provide services from debt liquidation, budgeting, credit card management, mortgage / loan advice, taxes, investments, to estate planning and more. This is a free service to all of you, and one I would highly recommend you look into. Unlike some financial planners, Mr. Fisher makes no money off of your services, and hence, has no ulterior motive (i.e. he makes the same amount of money regardless of what you do or don’t do with your money).

Don’t sell yourself short. Call Mark Fisher and see what he can do to help you take charge of your financial future. Contact him at:
mark.s.fisher@healthnet.com or
(o) 317-247-3300 x 85437 or (c) 317-471-9546

How To Mend A Broken Heart

Joseph W. Varney, Suicide Prevention Program Manager, Ft. Campbell, KY and MOS suggest the following:

Focus on the here and now. Stay in the moment. This will keep your thoughts focused and away from your feelings of loss. Pay attention to all of your senses. If you notice yourself drifting away; bring yourself back. Focus on your surroundings. What you see, hear and smell.

Participate in activities that help you feel better. Hobbies, movies, exercising, sports, music, etc. Take time to focus on yourself. Rediscover your identity apart from the relationship.

Take ownership of your feelings. You can consciously work on seeing yourself as an independent person responsible for your emotions and your future happiness. Owning your feelings means:

- Accepting the intensity of your pain: "This hurts really bad." "I never thought breaking up could feel this horrible."
- Assessing your situation honestly and objectively: "My girlfriend dumped me. She won't be calling me any more. She won't be waiting for me when I come home.").
- Reassuring yourself that you will get through this experience: "It's a bad situation and it hurts. But I'll get through it

Find sympathetic people to talk to. Just about everyone getting over a broken relationship needs to have people to talk with about how they feel. Your family, friends and members of your unit can support you by listening, sympathizing, reassuring, and sharing their own experiences. You can also find support through online communities dealing with broken relationships.

Just as with combat stress reactions, the earlier you get help, the faster your recovery from the breakup will be. This will also lessen the likelihood that your loss will lead to a more serious condition such as clinical depression.



An inspired person is a motivated person who takes action. The benefit from being inspired comes with moving in a direction that you wish to go. The inspiration to paint a picture, write a book, move to Paris or start your own business puts the wheels in motion. Whether your achievement touches only you or millions of others, you will feel a true sense of self and wonderment at the journey.

- Ralph Waldo Emerson

SMART PHONES IN COMBAT



Smart phones may be the new weapon to change combat as we know it. According to Brig. Gen. Peter Fuller, if done correctly, this technology can protect soldiers from falling prey to ambushes. It can deliver important information to those who need it the most, and it can also alert them to the enemy's location.

The goal of many Army leaders is to use this technology to provide real-time intelligence for soldiers on the battlefield.

Fuller said, "Aircraft have changed significantly in 40 years. Sea vessels have changed significantly in 40 years. The soldier's gear has improved, but 40 years ago the soldier could unknowingly walk in on the enemy — and it still happens today."

According to Army Times (1/8/11) Fuller wants to spoil the ambush and quickly end the fight by providing gear that lets soldiers at the squad level easily identify the location and status of enemy and friendly forces.

To learn more about the plans to use Smart phones and the open-architecture system called Nett Warrior (small helmet-mounted computer screen and digital, hands-free moving map showing the precise locations of fellow soldiers and known enemies), please see the following sources of information used in this article: Army Times (1/8/11), Federal New Radio (1/21/11), and Wall Street Journal (12/14/10).

K-9 PTSD ?

Believe it or not, it really does happen. I have seen it first hand.

The Mayo clinic defines Post-traumatic stress disorder (PTSD) as a type of anxiety disorder that's triggered by a traumatic event. You can develop PTSD when you experience or witness an event that causes intense fear, helplessness or horror. MedicineNet.com describe it as a common anxiety disorder that develops after exposure to a terrifying event or ordeal in which grave physical harm occurred or was threatened.

The Huffington Post dated 2/6/2011 has an article about a dog named Gina who developed PTSD. 'PETERSON AIR FORCE BASE, Colorado. — 'Gina was a playful 2-year-old German shepherd when she went to Iraq as a highly trained bomb-sniffing dog with the military, conducting door-to-door searches and witnessing all sorts of noisy explosions. She returned home to Colorado cowering and fearful. When her handlers tried to take her into a building, she would stiffen her legs and resist. Once inside, she would tuck her tail beneath her body and slink along the floor. She would hide under furniture or in a corner to avoid people.'

The dogs that go overseas are coming home with some distress-related issues," Burghardt said (Chief of Behavioral Medicine for military working dog studies, assigned to the Daniel E. Holland Military Working Dog Hospital at Lackland Air Force Base). There are distinctive changes in their personalities, how they work and how they respond to



other people. They're distracted by loud noises, are hyper vigilant or show interest in escaping or avoiding places in which they used to be comfortable.

If you haven't figured it out already, dogs and humans have a lot in common and a lot to offer one another. This may be why pet therapy has been so successful with Veterans suffering from PTSD or a physical disabilities.

YOGA AND THE MILITARY

Yoga is often associated with meditation or exercise. Did you know that it is also used in pain management? Utilizing the breathing, relaxation and meditation you can learn to control your pain levels by distracting your mind from pain.

As most of us know, regardless of the branch of the service one is in, service members often come back with severe internal, external and emotional wounds. The Army Surgeon General Lt. Gen. Eric B. Schoomaker (Army Times) is actively promoting yoga, biofeedback, acupuncture and other alternative therapies to be integrated into Army medicine to treat the pain of wounded Soldiers.

"It is believed that one of the reasons that service members in general are reluctant to seek help is because they are taught that toughness and willingness to accept pain was expected of a good soldier." The "no pain, no gain" philosophy has been embraced by the military and "often causes delays in treatment." What people don't realize is that while service members "attempt to work through their pain and 'tough it out,'" they often end up with more injuries, more pain, and chronic conditions, that may have been prevented if treated earlier.

According to an Army Times website, one of the aggravating factors listed as a contributing cause for suicide is chronic pain and medication abuse. Having access to Utilize these alternative forms of therapy, healing can be accelerated, and the abuse of pain killers will be a less likely occurrence. Finding new ways to restore a person's level of functioning, reduce pain and/or lessen stress will allow that person to increase their resiliency and move forward.



Yoga allows you to learn how to reduce your body's tension when reacting to pain, which then allows you to "move through" the pain instead of resisting it. After having done this, the pain will lose its' full impact. According to Women's Fitness Magazine, "Yoga is believed to reduce pain by helping the brain's pain center regulate the gate-controlling mechanism located in the spinal cord and thereby regulating the secretion of natural painkillers in the body.

The act of controlling the breath in yoga also helps reduce pain. The body has a natural phenomenon built in to the nervous system, which keeps tension in the muscles "on standby" when the lungs are full or "pressurized." The muscles will relax when you exhale, deflating the lungs. So lengthening the time of exhalation can help produce relaxation and reduce tension in the body. www.yoga.org.nz

Meditation is learning how to consciously reduce your mind's constant chatter, and to only concentrate on the feeling of not thinking. Regular daily practice of meditation builds a foundation of internal strength by opening a door to a part of yourself that is not governed by the demands of your physical body.

Yoga's inclusion of relaxation techniques and meditation can help reduce pain. Part of the effectiveness of yoga in reducing pain is due to its focus on self-awareness. This self-awareness can have a protective effect and allow for early preventive action.

The contents of this article were derived from the following sources and websites: www.womenfitness.net, www.yoga.org.nz, and www.armytimes.

WHAT DOES SPIRITUALITY MEAN TO YOU AND YOUR FAMILY?

According to a Clemson University article (1/9/09) *"Spirituality is believing in a higher power and acting on a value system beyond self-interest, effecting a sense of purpose and divine support in everyday and difficult events. However, spirituality for America's families has diverse meanings, extending beyond, as well as among family members. The spirit that transcends "self" is seen in many forms."*

- Families with a sense of spirituality **carry a gratitude and sense of hope** that recognizes even the little things of life as special events.
- Spirituality gives families a **sense of belonging** to and being loved by a higher being.
- Spirituality gives **meaning and purpose** to families that provides strength and hope in times of adversity. It provides a greater sense of purpose and a stronger sense of support from family and friends.
- Spirituality provides a **way to deal with successes and also failures**, especially in family relationships. It teaches us to ask for forgiveness when we have wronged another and to accept forgiveness when we have been wronged.
- Families with strong spirituality **celebrate life as a gift**. They carry a gratitude and optimism that enjoys even the little things of life as special events. —Clemson University

*Resiliency is a newsletter for service members and their families.
Feedback is welcomed and encouraged. If there are subjects, concerns or questions you
have about issues dealing with mental wellness, please let me know.*

—Syd Davidson (sydney.davidson@us.army.mil)

RESOURCES

National Crisis and Suicide Hotline	1-800-273-TALK (8255)
National VA Hotline	1-800-273-8255
Military One Source	1-800-342.9647
Joint Operations Center	1-800-237-2850
Joint Services Support	www.jointservicessupport.org
Find Treatment; Substance Abuse and Mental Health	http://dasis3.samhsa.gov
Mental Health Association Indiana	www.mhai.net
Recovery Indiana	www.recoveryindiana.org
USA Cares	http://usacares.org
U.S. Army Center for Health Promotion and Preventive Medicine	http://phc.amedd.army.mil (CHIPPM)
Military One Source	www.militaryonesource.com
Air Force Crossroads	http://www.afcrossroads.com
Army Times	http://www.armytimes.com
Military Times	www.militarytimes.com
Real Warriors	www.realwarriors.net
War Fighter Diaries	http://www.warfighterdiaries.com
Iraq and Afghanistan Veterans of America	http://iava.org/
Center for Deployment Psychology	http://deploymentpsych.net
Defense Centers of Excellence	http://www.dcoe.health.mil
After Deployment.org	http://www.afterdeployment.org

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The mission of the National Guard Psychological Health Program is to advocate, promote, and guide National Guard members and their families by supporting psychological fitness for operational readiness. For contact information regarding the Director of Psychological Health (Syd Davidson; 317-247-3300 x 85480), go to: www.jointservicessupport.org.